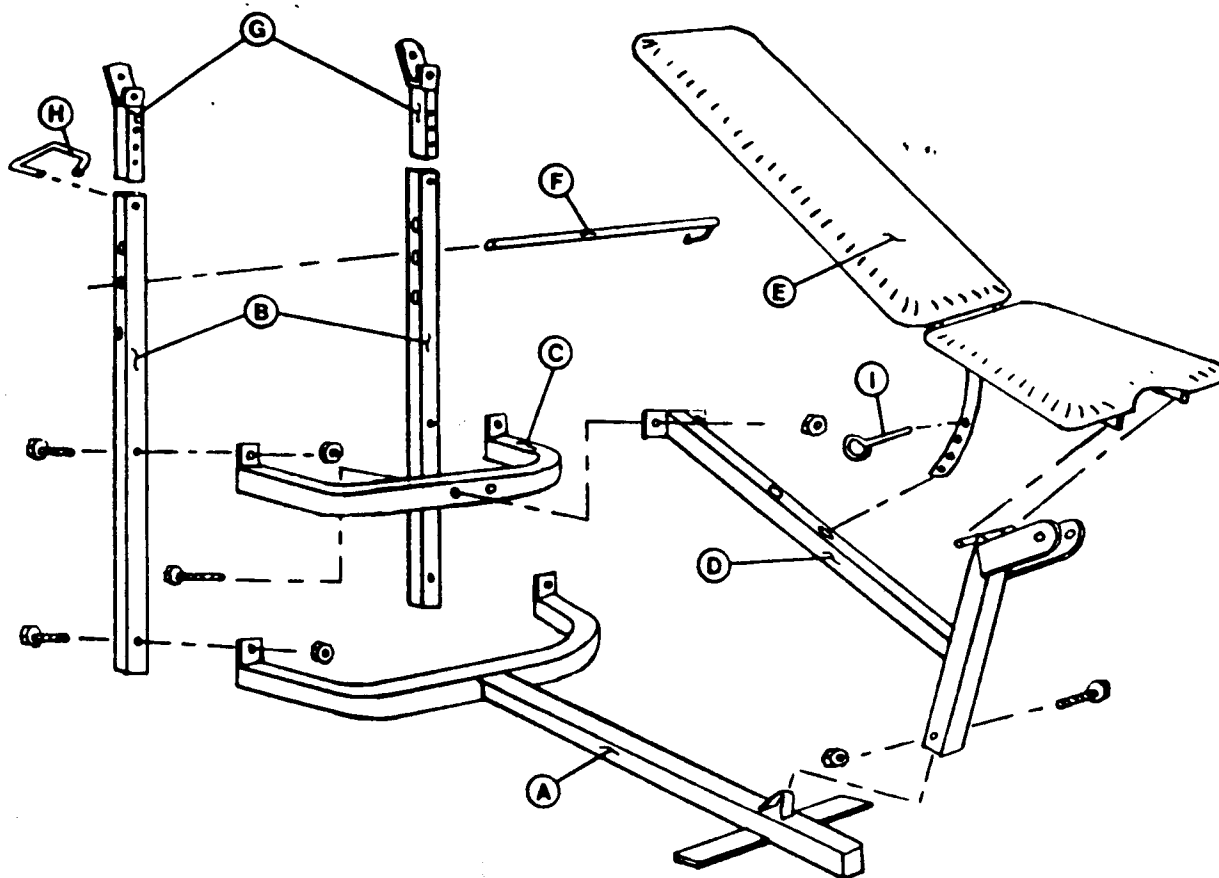


## ASSEMBLY INSTRUCTIONS

# JOE WEIDER'S 390 WB

**Tools needed for assembly:** Flat Blade Screw Driver  
Pliers  
Adjustable End Wrench  
Hammer

Lay out all pieces on a clean, smooth surface. Place diagram where it can easily be viewed.



- A. BASE
- B. SINGLE UPRIGHT (2 ea.)
- C. U-BRACKET
- D. FRAME
- E. SEAT ASSEMBLY
- F. BACKREST SUPPORT ROD
- G. BAR RACK (2 ea.)
- H. RACK ADJUST PIN (2 ea.)
- I. SEAT ADJUST PIN
- J. BACKREST
- K. SEAT
- L. BACKREST SUPPORT (Right & Left)

- M. SEAT SUPPORT (Right & Left)
- N. SEAT ADJUSTER
- O. LEG CURL
- P. RUBBER PAD
- Q. PAD BARS (2 ea.)
- R. PAD (4 ea.)
- S. PLASTIC TUBE CAP
- T. LEG CURL BRACKET
- U. COLLAR with SET SCREW (2 ea.)
- V. END CAP for PAD BAR (2 ea.)
- W. LEG CURL LOCKING PIN
- X. LARGE WASHER

### STEP 1 DIAGRAM 1

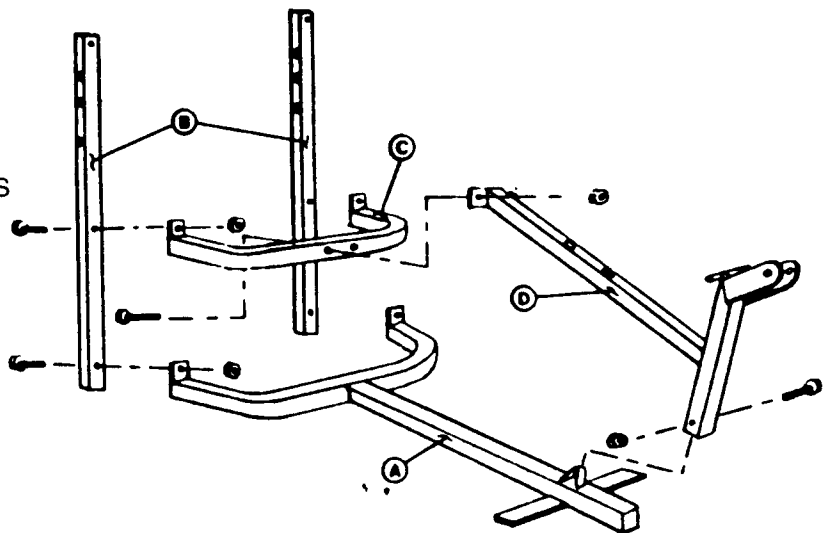
Assemble U-FRAME (C) and FRAME (D) together with 2 Bolts, snug tight only.

### STEP 2 DIAGRAM 1

Bolt onto U-FRAME the SINGLE UPRIGHTS (B) as shown in the diagram.

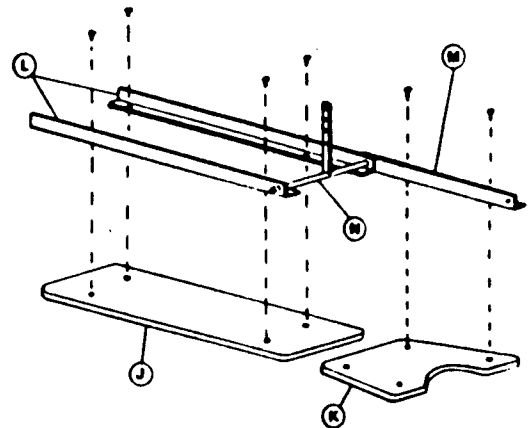
### STEP 3 DIAGRAM 1

Take your assembled parts and place in position according to the diagram on the BASE (A). Bolt together using 3 bolts. You may now securely tighten all bolts.



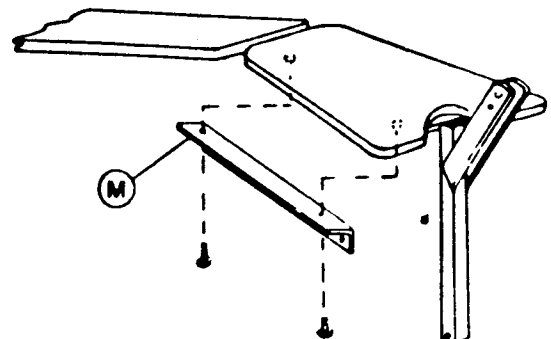
### STEP 4 DIAGRAM 2

Lay SEAT ASSEMBLY (E) upsided down as shown in Diagram 2. Remove one ANGLE IRON (M) from the SEAT (K).



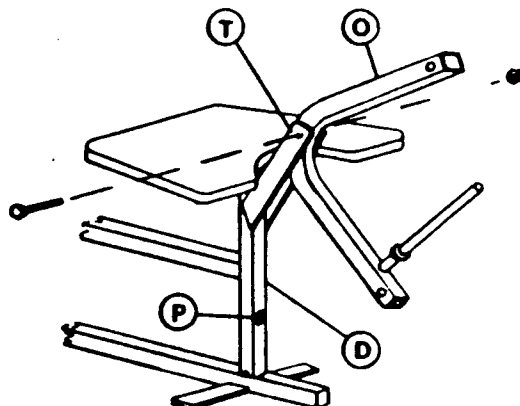
### STEP 5 DIAGRAM 3

Turn SEAT and BACKREST over. Slide the front of the SEAT onto the rod on the front of the MAIN FRAME, as in the DIAGRAM. Place the SEAT ADJUSTER into the slot on the FRAME. To aid in attaching the ANGLE IRON use the SEAT ADJUST PIN (I) to raise the SEAT and hold it in position. Now slide the ANGLE IRON on the FRAME ROD and SEAT ADJUSTER ROD and secure with 2 bolts you removed earlier.



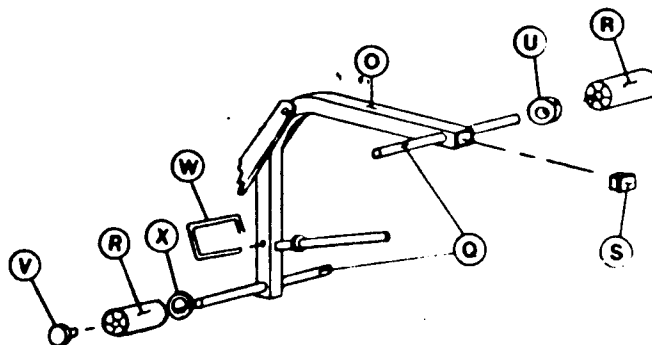
## STEP 6 DIAGRAM 4

Place LEG CURL (O) in position between the LEG CURL BRACKET (T) as shown in DIAGRAM. Attach with bolt and nut. **DO NOT OVER TIGHTEN!** The LEG CURL should operate freely with minimum sideways movement. Peel the paper off of the RUBBER PAD (P). Place the PAD on the frame where the LEG CURL strikes the FRAME.



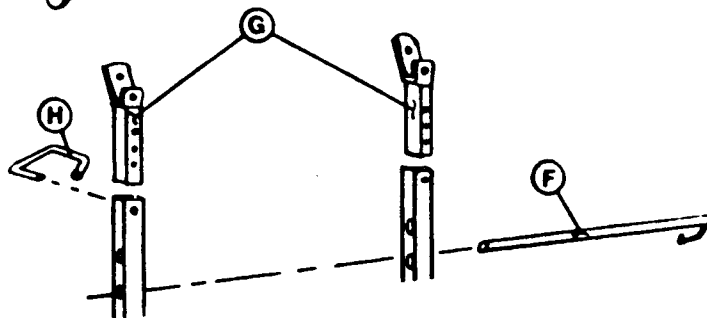
## STEP 7 DIAGRAM 5

Take PAD BARS (Q) and place through holes on LEG CURL till equal amounts of BAR are on both sides of the LEG CURL, as in the DIAGRAM. On the lower PAD BAR, place a LARGE WASHER (X), PAD (R) and insert PAD BAR END CAP (V). Repeat for other side of lower bar. Slide a COLLAR (U) on each side of upper bar next to LEG CURL. Tighten set screws. Next place a pad on each side. Use LOCKING PIN (W) on LEG CURL to lock the curl into position.

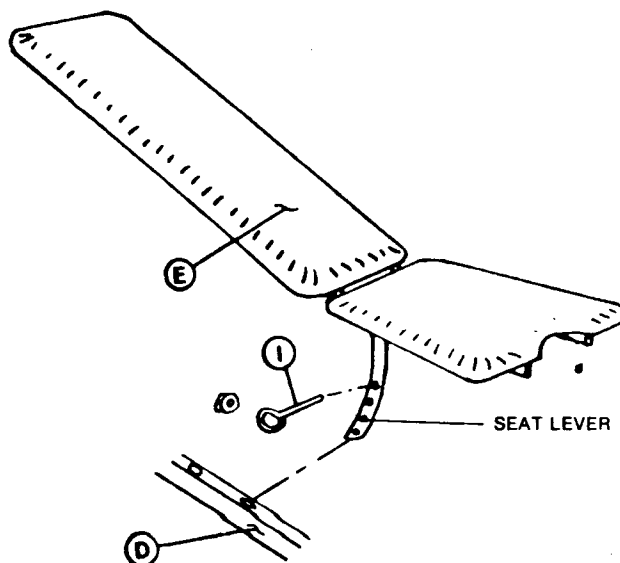


## STEP 8

To adjust the BACKREST, raise it up and place BACKREST BAR (F) through holes on UPRIGHTS. To adjust BAR RACK (G) slide into top of uprights and use RACK ADJUST PINS (H) for most comfortable position.



Place small bolt through bottom of SEAT LEVER and tighten nut. This keeps SEAT ADJUSTER from pulling out of FRAME (D).

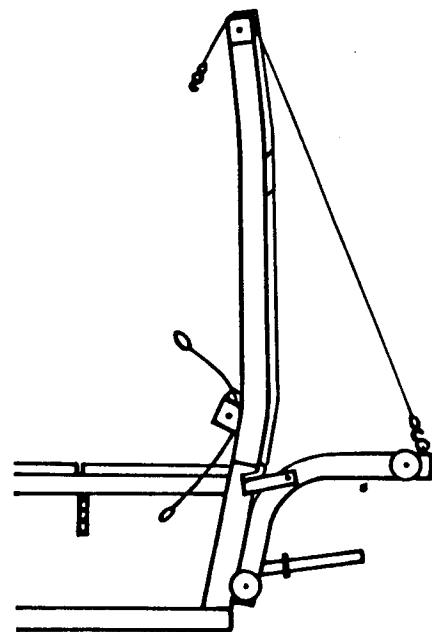
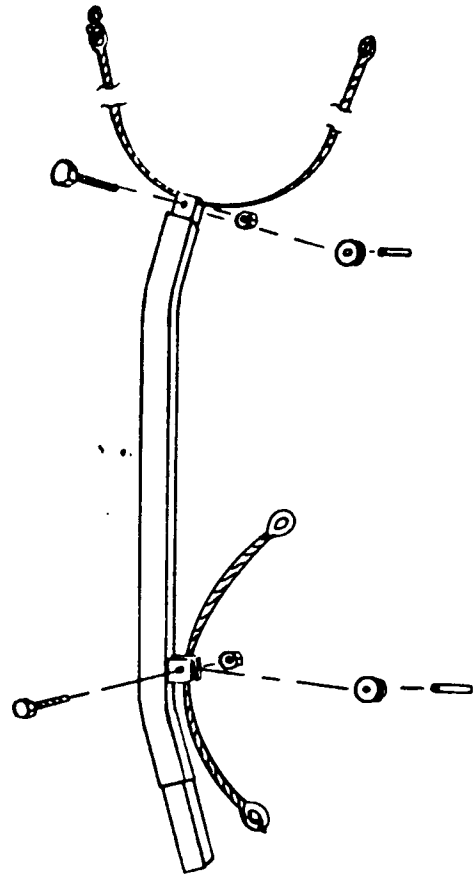


## MAST ASSEMBLY

Lay MAST out and place long cable through TOP PULLEY BRACKET, S-HOOK should be on the front side of the MAST. See diagram.

Place the METAL TUBE in the PULLEY and place PULLEY inside the BRACKET. The cable should be on top of the PULLEY. Place bolt through BRACKET and PULLEY. Use nut and tighten securely.

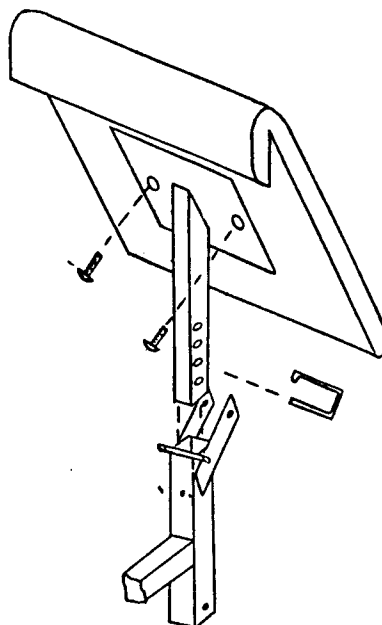
Follow same INSTRUCTIONS for the LOWER BRACKET assemble PULLEY.



## ARM CURL ATTACHMENT

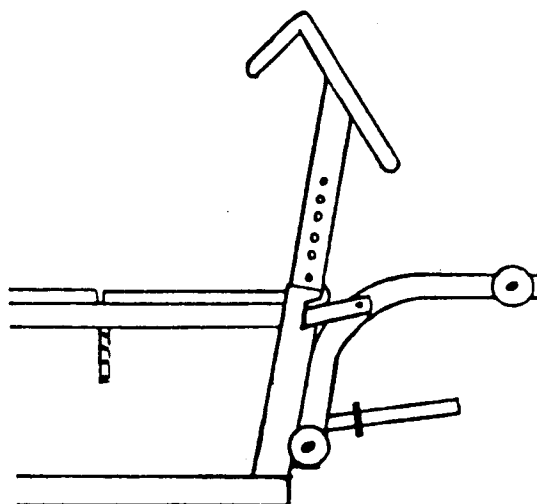
Place PAD upside down, at this time take PAD SUPPORT and line up the (2) holes on the PAD with the (2) holes on the SUPPORT PLATE. Use the  $\frac{1}{4}$  inch bolts to attach the two together.

Make sure the bolts are securely tightened.



Turn the PAD right side up and place the POST into SQUARE TUBE just behind the LEG CURL.

Place LOCKING PIN through the POST at the best height for you.

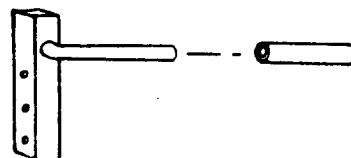


## DIPPING BARS

Take a FOAM GRIP and dampen the inside of it with water. The grip will then slide on the HANDLE. Do the same with the remaining GRIP and HANDLE.

LET DRY MINIMUM OF 10 HOURS.

To use replace the BAR RACK with the DIPPING BARS. Handles should point to the rear of the unit.



# BENCH SPECIFICATIONS

UNIT NO. SNB-1

WEIGHT \_\_\_\_\_

CARBON DIM. \_\_\_\_\_  
L W H

FRAME COLOR: CHARCOAL

VINYL COLOR: DK. GRAY

## SCREEN DESIGN:

\*SEAT CHEVRON

COLOR RED

\*BACKREST WEIDER

COLOR RED

## DECALS:

\*DESCRIPTION FLEX (RED, WHITE & GRAY)

\*LOCATION UPRIGHTS QUANTITY 2

## PAD SIZES:

\*ANKLE PAD 3x6

COLOR GRY BLACK

\*KNEE PAD 2x6

COLOR BLACK

UPRIGHTS: ☒ ADJUSTABLE ☐ NON-ADJUSTABLE

\*TUBING SIZE & SHAPE 2" SQUARE

\*HEIGHT ADJUSTMENTS 37 1/4 TO 48 3/4 (5 POSITION)

\*OVERALL WIDTH 22

LEG CURL: ☐ NONE ☒ ADJUSTABLE ☐ NON-ADJUSTABLE

\*TUBING SIZE & SHAPE 1 1/2" SQUARE

## FRAME:

\*TUBING SIZE & SHAPE 1 1/2" SQUARE

\*BASE LENGTH 35 1/2

SEAT: ☐ FIXED POSITION 19 1/4 ADJUSTABLE (3 POSITION)

\*SIZE: WIDTH 12 1/2 TO 10 1/2 DEPTH 12 1/2

SEAT BACK: WIDTH 10 LENGTH 35 1/2 (4 POSITION)

## OVERALL SIZE: (MAXIMUM DIMENSIONS)

\*LENGTH 67

\*WIDTH 22

\*HEIGHT 52 3/4

## OTHER FEATURES:

NEED SPECIAL PACKAGING FOR SEATS  
- SKU NUMBER, ETC. #15390 - BASIC  
#15530 - COMBO